

The Behavioral Health Unit (BHU) News

Members of BHU are extremely excited to welcome all five Mental Health Crisis Responder II (MHCR II) clinicians. The BHU clinicians are now City of Portland employees because of the work done by multiple Bureau employees and the support of the Chief's Office, Special Resources Division's Command, and City Council. We are excited to welcome our new BHU clinicians as well as Sergeant Jennifer Butcher, the new BHU BHRT sergeant. Clinicians Averyl Growden and Meg Kaveny and Sergeant Jen Butcher have shared a little about themselves in this newsletter.

BHU Receives Pathfinder Award

The BHU was honored to receive a 2023 Pathfinder award from the National Alliance on Mental Illness (NAMI) – Multnomah on March 21, 2023. The Pathfinder Award honors organizations within the community that "light a path to justice, dignity, and respect for all people affected by mental illness."

NAMI Multnomah is an affiliate of NAMI, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI's mission is to improve the quality of life for people with mental illness and their families through support, education, and advocacy.

NAMI Multnomah provides free, peer-led education programs, support groups and advocacy initiatives that actively support the community mental health.

Receiving the Pathfinder Award from NAMI Multnomah supports, encourages, and validates the work done by members of the BHU. Recognition by such an important organization as NAMI Multnomah is inspiring and humbling.

More information about NAMI Multnomah may be found here:

www.NAMIMultnomah.org



BHU Members

Behavioral Threat Assessment Conference

In the month of March BHU's Sergeants, an Officer and two Mental Health Crisis Responders had the opportunity to attend the annual Behavioral Threat Assessment Conference hosted by Third Degree Communications in Pleasanton, CA. The Behavioral Threat Assessment Conference is designed to aid in the training of law enforcement and social services personnel. The course is designed to teach members how to assess and respond to threats before they materialize.

The curriculum included learning how to identify behaviors associated with targeted threat violence. This will aid the BHU in creating management strategies based on behavioral threat assessments. Behavioral Threat Assessment is a vital tool in predicting and stopping preventable crimes before they happen. Whether in the arena of active shooters, domestic violence, stalking, workplace violence, or any number of violent crimes, this training helps mitigate potential risks in our community.

There was a considerable amount of material presented which influences behavioral threat assessment implementation and management strategies. This included mental health laws, employment laws and discussion surrounding the 1st Amendment—Freedom of Speech, 4th Amendment—Unreasonable Search and Seizures, 5th Amendment—Protection of Rights to Life Liberty and Property and the 14th Amendment—Rights of Citizenship

SEMINAR HIGHLIGHTS:

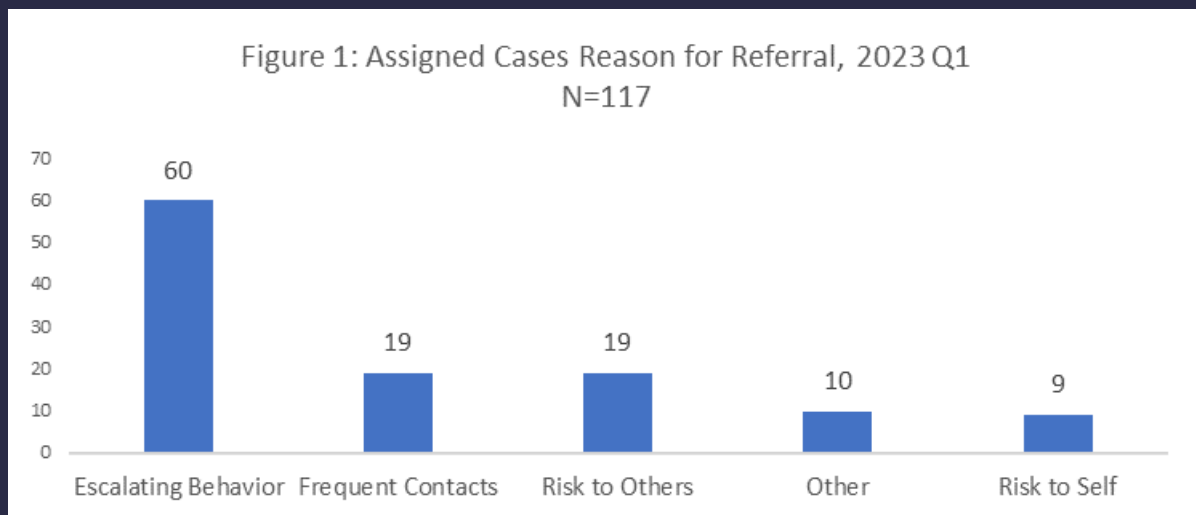
- Core Concepts of Behavioral Threat Assessment
- Identifying Targeted Violence
- Warning Behavior Characteristics
- Behavioral Threat Assessment Management Strategies

Behavioral Health Unit Referrals 2023, Q1

The Behavioral Health Response Teams (BHRTs) attempt to connect individuals with appropriate mental health services. BHRTs are comprised of an officer and mental health clinician who work in partnership. BHU currently has five BHRTs. To help coordinate this work, the BHRTs receive referrals for follow-up from Portland Police Bureau (PPB) members.

In 2023 Q1, there were 198 referrals processed by the BHU, including individuals with multiple referrals. Of those referrals, 117 (59%) were assigned to the BHRT Caseload. Not all referrals meet established criteria for assignment.

Figure 1 displays the reason for referral for assigned cases. The most prevalent reason for referral was Escalating Behavior (51%).

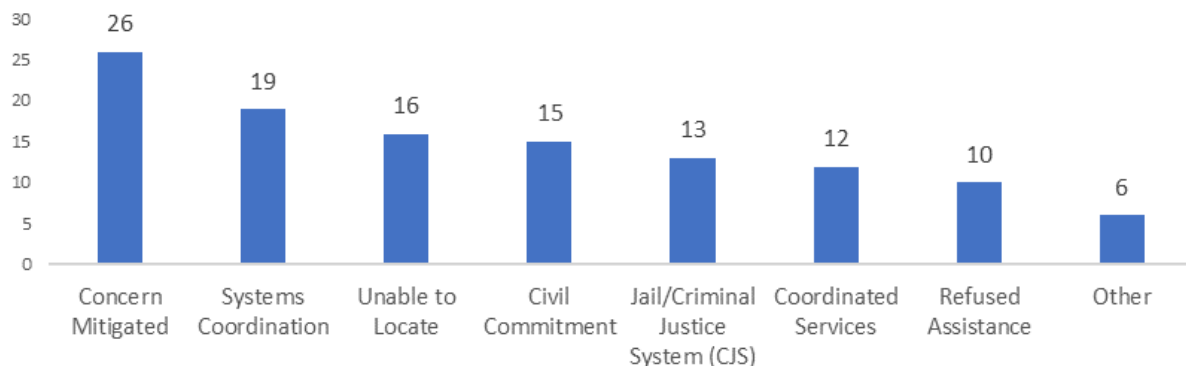


Behavioral Health Unit Referrals 2023, Q1 (cont.)

Furthermore, there were 117 cases that reached an outcome and transitioned to inactive status in 2023 Q1. It should be noted that 106 individuals accounted for the 117 inactive cases (multiple outcomes/person). Figure 2 displays the outcome of referral for inactive cases. The most prevalent outcome was Concern Mitigated (22%). Around 40% of BHU outcomes in 2023 Q1 were due to some sort of Behavioral Health System Coordination (Civil Commitment, Coordinated Services, and or Systems Coordination).

For the cases that became inactive, the average time spent on BHRT caseload was 31.4 days and the median time was 25.0 days

Figure 2: Inactive Cases Outcome of Referral, 2023 Q1
N=117



BHU Welcomes New Clinicians

Averyl previously worked for PPB's Behavioral Health Unit as a mental health clinician from 2013 to 2016. She left BHU to become a Parole and Probation Officer and worked for six years in Multnomah County's Mental Health Unit.

Averyl has worked in the mental health field for over 20 years, in many settings – outpatient, day treatment, residential, and crisis response. Averyl is a Licensed Professional Counselor and a Certified Alcohol Counselor. She received her master's degree in counseling psychology from Lewis & Clark College.

Averyl is excited to come back to BHU and return to her clinical role with the Bureau. She plans to incorporate what she has learned as a mental health parole and probation officer and her years as a mental health clinician in her role as a mental health crisis responder with the BHU.



BHU Clinician Averyl Growden

Averyl is honored to be part of the BHU team who offers support to our community members in crisis.

In her free time, Averyl enjoys spending time with her family and friends, riding her bike, running, hiking, camping, and traveling.

BHU Welcomes New Clinicians (cont.)

We would like to introduce you to one of our newer clinicians; Meg Kaveny. Meg began working with the Behavioral Health Unit in January. Prior to this she worked as a social worker in an inpatient psychiatric unit and with Project Respond as a mobile crisis clinician and supervisor for over twenty years. During her time with Project Respond she was able to partner with Central Patrol Officer Betty Woodard to pilot the Mobile Crisis Unit which was the precursor to the current day Behavioral Health Response Teams.

Meg graduated from Portland State University and is a Licensed Clinical Social Worker. She is very excited about joining the Behavioral Health Unit and having the opportunity to work on a team of skilled and dedicated people. Outside of work she enjoys spending time with her husband and daughter.



BHU Members at New Hiring Ceremony

BHU Welcomes New Sergeant

In February 2023 Sergeant Jen Butcher joined the Behavioral Health Unit as a new Behavioral Response Team Sergeant.

Prior to joining the BHU in February Sgt. Butcher worked at North Precinct as a Patrol Sergeant. Preceding that role, she was the Sergeant for the North Precinct Neighborhood Response Team (NRT) for approximately three and a half years. In September Sgt. Butcher will celebrate her 20th year anniversary working with PPB. Sgt. Butcher has served as a Patrol Procedures Instructor since 2019 and has also been a member of the Honor guard since 2017. We are excited to welcome Sgt. Butcher to the BHU team!



BHU Sergeant Jen Butcher